DEMAND IT.

REVOLUTIONIZING CHANGE ONE MUSIC VIDEO AT A TIME

LADY GAGA
TILL IT HAPPENS TO YOU

On Sept. 17, Lady Gaga released a music video so powerful; I almost didn't watch it to the end. Gaga decided to go in a different direction with her musical statement and **show** what's not being talked about enough: sexual assault.

"Til It Happens to You," showcases the nature of what victims go through after not being in control of their own bodies. The video does contains graphic content, but she did it in a tasteful way to break the barrier for those who fortunately have not encountered this kind of experience. (more…)

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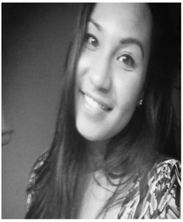
Lesley



MEN CALLING MEN BITCHES – IT'S NOT SEXIST, RIGHT?

It's the year 2015 and I think (read: hope) that by now it is largely accepted that calling a woman a bitch is misogynistic. Even if not everyone abides by this assumed status quo, most have probably at least considered the thought (whether or not they care about it is a different topic).

Now that most of my peers are respectful of the fact that calling a woman a bitch is sexist and socially unacceptable I've noticed a trend with regard to whom they are now directing the word "bitch," and I'm writing this to express my discomfort with it. I'm talking specifically about men calling each other bitches.

"Bitch" generally refers to a woman who is "crazy," "too assertive" or some combination of the two. Traditionally the word has been an insult reserved for women under the assumption that women are overly-emotional beings by nature, which causes them to act “crazy.” Men on the other hand are historically seen as logical and unemotional creatures and therefore their actions are generally looked at as justified.

Let’s look specifically at why the word “bitch” is sexist when it’s directed by a man toward a man. In all the times I’ve witnessed a man call a fellow man a bitch it is with regard to his masculinity, or lack thereof. I’ve often times heard men referred to as bitches when they do something “girly” or unmasculine. Arguably the worst insult that can be given to a man is one that insults his masculinity, hence common insults like “pussy,” or “little bitch.” What do both of these insults have in common? If you answered that they both refer to women, you’d be correct! Calling a man a bitch is sexist because the point of doing so is to attack his masculinity by likening him to traditionally feminine characteristics, therefore making him feel subordinate. For all intents and purposes, instead of saying “don’t be a little bitch” when your friend orders a cocktail instead of an IPA at a bar, you might as well say, “don’t be like a woman, because displaying feminine characteristics is shameful!”

When I attempt to explain to male friends why I’m not too keen on them calling each other bitches, the usual response I get goes like this: “It wasn’t directed at a woman, so it’s not sexist!” Well, that’s a nice thought, but the insult was still a product of internalized sexism. A refute to that point is often: “But I didn’t mean anything sexist by it!” Well my friend, that’s the problem with internalized sexism (or racism, classism, or literally any other kind of -ism). Microaggressions like these come about because of subconscious assumptions that society has about women. You didn’t have to personally mean anything by it; all you had to do was say it and the cycle of internalized sexism will just keep on turning.

For anyone who still doesn’t quite understand or see the problem, here’s an analogy I like to use: Do you remember back when you were a bit younger, when the word “gay” was used to describe something kids thought was stupid or lame? Well the word “bitch” can be thought of similarly.* Calling something one disapproves of “gay” renders the word synonymous with “stupid.” Similarly, insulting a man when he does something “feminine” renders him subordinate. Fortunately, in my experience the “gay” trend eventually fizzled out after much backlash by the people who realized (and cared) that it was oppressive toward the LGBT community.

The good news after all of this is, if you're a male reading this you can help end the cycle of internalized sexism! The first step is simply educating yourself about misogynistic microaggressions and the harm they can have on people (step one is underway if you're reading this article!). Step two is to push back. If you're at a bar and you hear a friend calling another male friend a "little bitch" for ordering a sweet alcoholic drink, push back. Or if you witness someone being chastised for expressing emotion? Stand up for him and start a conversation with the perpetrator about why that kind of thinking is problematic. We need to reverse the thinking that anything "feminine" is shameful or inferior. If we don't fight back against internalized injustices or microaggressions we will never end the ongoing cycle. Fortunately you can be part of the solution if you choose to be.

*Disclaimer: It isn't my intention to liken these two words or claim that they are the exactly the same in any way; I am simply trying to provide understanding via an analogy.

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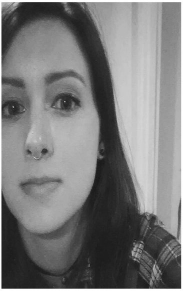
michelle



WHY I HATE WOMEN SO MUCH.
SPOILER ALERT: I AM ONE.

I have this beautiful-dark-twisted-fantastical relationship with women.

The same one-half of the population that galvanize me at the start of every single day, are the very same ones that cripple my thoughts by night. The same sex that I continually push in every which way I possibly can to further their careers are, at times the very same ones that I myself would terminate in a heartbeat.

Model Cara Delevingne may have captured my soul best in her Vogue interview when she said "Women are what completely inspire me, and they have also been my downfall. I have only been hurt by women, my mother first of all"

I fucking hate loving women.

In many ways, (and yes I am aware this is going to come off as arrogant), I feel that I am the female Kanye West. I totally understood him during his speech at the VMAS this year when he said "I feel like I had to die so other artist's could have an opinion". It's true. Kanye West died that night that he jumped up on stage and took that mic from Taylor Swift. It was considered a steep no-no for an artist to speak out against the same system that propelled him to fame, but to do so while offending America's sweetheart?

That was political suicide.

What Kanye did that night was not only dramatic, it was downright globally offensive. Fast-forward to today and Taylor Swift calls Kanye West her "best friend", and is endorsing him in his bid for presidency in 2020-Why? Because he died for her too that night. That situation helped her to understand that she was a product within a bullshit system, and she had to decide upon herself, at what price she would be valued at.

So too has been my relationship with women: dramatic, globally offensive at times, and I've had to die over and over again, continuously in order to get women to see their true worth. I've had to leave friends in the dust to incentivize them to look toward my trail.

I have an affinity for the courageous. I want to sit around with my friends like we're the Beatles and wonder about how we can make history. I want to question whether or not we even exist.

I want my friendships to require more of me, to fucking exhaust me.

Over the past 6 years particularly I have been repeatedly told by other women two very distinct points about my character:

"Candace, you are so inspiring"

"Candace, sometimes you have to realize that being honest, is just plain mean".

But I never care if what I say offends someone if I'm speaking the truth.

Do you want to know what personally offends me?

Bullshit.

Untruths.

The state of business and relationships today.

The fact that every time I go into a meeting with a company exec– I'm sitting across the table from a man.

I'm starting to feel that it's been my civic duty to snatch the invisible VMA from the women that surround me. In my heart, I truly "want to let em' finish but…" sometimes they need to just shut the f*** up and take a look at the bigger picture.

How are there actually still women who solely look for empowerment within their relationships with men?

"That's beautiful my love" "This tastes great, honey" "I love the way you re-organized that cabinet while I was out running a company- contributing to the number of men that run this fucking world, dear".

He gets to go off and become a boss while she winds up with a hobby (hopefully cooking or sewing) which she is probably sub-par at, but she'll of course think she's fucking awesome, because *he* said so.

Not that such men are bad people- they too were raised within these same paradigms; their mothers took care of them while their fathers made the money and shielded their wives from any sort of criticism because women are delicate and ought to be protected from any form of hurt and offense, right?

WRONG. Lies are not going to further anything but delusions. If you're sucking, you're **sucking**. If you're being awesome, you're being **f****** awesome**. Neither are permanent states of existence but the terms are black and white. There is no pretty, inbetween-color-scheme where "A's for efforts" survive. The fortune 500 list does not include 100 spots for companies and would-be executives that really gave it their all.

We cannot be hypocritical in our aspirations, ladies. We cannot strive for equality, but like, "only the lite version with less carbs".

When I founded Degree180, I did so because I wanted to inspire a REAL movement, not because I wanted to create a false sense of reality that if we bake cookies and color pretty pictures, we can all one day be CEOs. I created this company because I wanted to shine a light on the path to get every single boss- lady to the top, and guess what? Once we're there, we get to make the rules. We can decide that on Wednesdays, we wear pink. We can decide that we will not hire a single employee unless we first have a slumber party where we talk about our feelings and watch FRIENDS reruns. We can decide not to hire anyone that cannot quote Joey and Phoebe, or who doesn't understand the cultural significance of "Smelly Cat" that timeless masterpiece of a song. We can have our male receptionist see any unqualified candidates out the door and then we'll trade hugs, and paint pretty pictures because we are THERE and so whatever we fucking say, will just have to fucking go, but first…

First, we have to get there.

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Candace

ANOTHER ONE FLEW OVER THE CUCKOO'S NEST: THAT TIME I GOT PUT ON ANTI-PSYCHOTICS FOR BEING TIRED.

Hello America,

We need to talk about our mental health system.

You may have heard about Kam Brock's lawsuit against New York City. To quickly summarize the bizarre and surreal events. Brock was pulled over in Harlem for suspicion of driving while under the influence of marijuana, causing her 2003 BMW 325Ci to be seized. The following day, as she went to pick up her car, the 32-year-old who was described as "eccentric" was cuffed and put in an ambulance because she was acting like an "emotionally disturbed person". According to her medical records, for eight days, she attended group therapy, endured injections of sedatives, and took Lorazepam and Lithium.

Now this topic may still be taboo for some, but I too have been put on anti-psychotics before. At the time, I was working three jobs totaling to about 84 hours a week. I slept on average four hours a day, lost 20 pounds, and had no appetite for a course of two months. Any person with a background of at least two minutes of any psychology class, can easily see that I was on the verge of a nervous breakdown. At last, it happened. And of course since I am a perfectionist it was an epic disaster.

Long story short, they had to sedate me. When I woke up, I was immediately put on Seroquel, (which is licensed for the treatment of schizophrenia and manic episodes). Because of the medication, I temporarily lost the ability to read/write and formulate an audible sentence. I had a hard time comprehending basic questions and completing simple tasks. Because of my *good* behavior they decided the next best course of treatment, was to **DOUBLE** my dosage in a matter of 36 hours.

Now have you ever taken a medication and the bottle read, *"If you experience any of these symptoms please contact your medical provide?"* Well, I experienced 100% of those symptoms, which resulted with the stroke unit being called and an emergency MRI. The Neurologist then explained to me that my body was not responding to the medication well and ordered it off my daily medication list immediately. That night I was given a Benadryl and woke up feeling tremendously better.

The next morning my *brilliant* psychiatrist heard what happened over the night and said, "Well, since that didn't work I think we'll put you on Lithium"……. Yes **Lithium!** I of course being back to my normal rested self knew it was time for me to get the hell out of the there.

My entire stay, they never factored in my work schedule, stress, anxiety, and lack of sleep. The main focus was more so what occurred during my breakdown rather the actual cause of the breakdown.

This is a **HUGE** problem.

It should never be acceptable to give anti-psychotics to control someone after evaluating him or her for 4 hours. When did we normalize this? Why are doctors so fast to prescribe such powerful medications?

To quote a previous post, "*If you can identify why you are crying, you do not need a pill. In fact, you probably aren't even depressed. You're probably just sad. You're likely just experiencing human emotion"*

Granted, I know there are people out there who rely on medication, because bi-polar and schizophrenia are in fact real diagnoses but what is the appropriate time frame during which we diagnose and treat those disorders?

We need to reevaluate our mental health system.

To read more about Kam Brock please click here.

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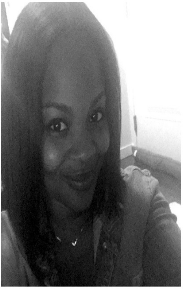
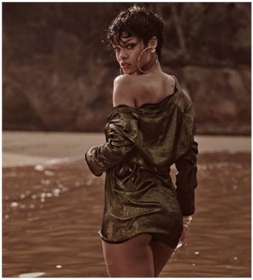
Brittany



RIHANNA'S ONLY HOT BECAUSE SHE'S NOT 'TOO DARK?' – WTF IS THAT?!



Let me know why any man in this day an age **STILL** thinks it's okay to belittle women in the workplace through unwelcome sexual advances and sexist comments.

Robert Solomon, some big-shot executive at Rihanna's financial firm had the audacity to sexually harass female employees and make rude comments about Rihanna's skin color! You'd think a man working for one of the most successful women in the music industry would have a little more respect for hard-working females.

Guys like Robert Solomon need to jump into the 21st century and accept the fact that **women are just as capable as men, and not every woman is willing to sleep their way to success.**

Let me end this post with a quote from Ms. Eleanor Roosevelt, who says, "a woman is like a tea bag- you never know how strong she is until she gets in hot water."

Remember ladies, don't be afraid to show your strength!

#demandit

Click here to read the article that inspired this post.

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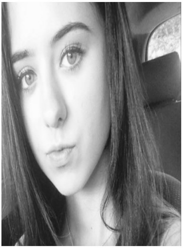
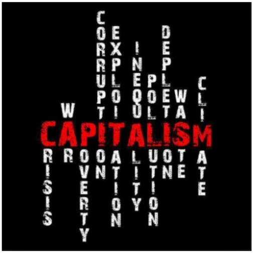
Olivia Howley



I JUST WANT TO SAY THAT I'M NOT SO SURE THAT AMERICA WAS EVER REALLY THE LAND OF OPPORTUNITY



I honestly don’t really know if America was ever REALLY the land of opportunity, where just ANYONE can make it.

So don’t feel bad if you are not “making it” right now. Even if America is a great country with great opportunities we don’t ALL begin from the same **great** starting point, and it’s harder if you are not a part of a certain demographic.

The laws of the jungle do not apply to a civilized society.

No matter how much capitalism tries to brainwash you and to make you believe that businessmen deserve to be rich as fuck while others live on food stamps (if you are lucky to be living in a first world country were such things even exist) it is not true. That is NOT an example of survival of the fittest. If it were, then a more “fit” miner would fuck that finance dude up in one minute.

HERE, IT IS THE SURVIVAL OF THE MOST RUTHLESS CAPITALIST.

Also, there is no ” best country in the world” because that is just stupid.
Those kinds of rankings are dangerous as they get into people’s minds to make them believe that they are:

a) better than others (due to their color, religions or beliefs) and/or

b) to eventually support the wars and coups d’ etat that powerful countries can infringe upon less powerful countries for what?- their own fucking benefit.

REMEMBER: There can only be “rich” if somewhere else there is “poor”.

ALSO I’m never able to say these things because people will immediately cut me off with bullshit like “then why don’t you go back to your own country” and that’s like the most fascist comment ever and I can’t even deal with it, so don’t even get me started. NO ONE gets to tell me or anyone *how much* they are worth or *where* there are worthy enough to live in.

ALSO, lets strive to be loyal, peaceful, loving and HAPPY human beings because right now we are all looking for happiness in the wrong places. Let’s be a generation that runs on passion, compassion and awareness. Lets change the paradigms of society which currently only benefit an elite few. Let’s be as smart and as strong as we can be.

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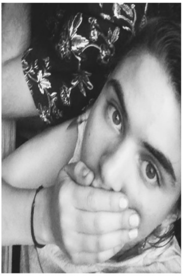
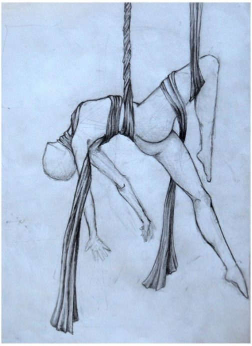
Malena



YOUR BODY IS LITERALLY SO FUCKING DONE WITH YOUR IMAGE ISSUES



"I've got a perfect body,

but sometimes I forget.

I've got a perfect body,

cause my eyelashes catch my sweat."

The quote above is from Regina Spektors song "Folding Chair", and it encompasses everything you need to know about body positivity. Our bodies were created for functionality, and (most of the time) they do a great fucking job at keeping us alive and thriving. Yet, for some sick reason, we take this hard-working, incredible, and frankly, irreplaceable foundation of our being, and we measure it's worth by how well it conforms to an **imaginary** standard of beauty. Like what? Are we fucking serious? That dope ass meat machine that carries you around is doing way more important shit than getting you laid. That dope ass meat machine can TURN CHOCOLATE MILK INTO PEE. It ain't got time for your Hugh-Hefner-ass, mating-season-ass, peacocking bullshit. Okay? Your heart has been beating an average of 100 beats per minute since the day you were born. Now let's be real for a second here, the last time you worked that hard, you were doing a keg stand at the company Christmas party. So next time you're standing in front of the mirror naked, feeling like the victim of your own stretch marks, you better drop that negativity and thank your body. That motherfucker is your real ride or die, who has had your back from literal day one… How dare you judge? How dare you talk shit then act like you know what loyalty means.

#DemandIt

Photo/Art Credit: Destin Oliveira

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BUT SERIOUSLY…WHAT THE FUCK IS WRONG WITH US, AMERICA?

“The situation in America, the most highly monetized society the world has ever known, is this: some of our needs are vastly over-fulfilled while others go tragically unmet… We have overlarge houses but lack spaces that truly embody our individuality and connectedness; media surround us everywhere while we starve for authentic communication. We are offered entertainment every second of the day but lack the chance to play…We know more about the lives of Michael Jackson, Princess Diana, and Lindsay Lohan than we do about our own neighbors, with the result that we really don’t know anyone, and are barely known by anyone either.

The things we need the most are the things we have become most afraid of, such as adventure, intimacy, and authentic communication. We avert our eyes and stick to comfortable topics. . . . To be truly seen and heard, to be truly known, is a deep human need. Our hunger for it is so omnipresent, so much a part of our experience of life, that we no more know what it is we are missing than a fish knows it is wet. We need way more intimacy than nearly anyone considers normal. Always hungry for it, we seek solace and sustenance in the closest available substitutes: television, shopping, pornography, conspicuous consumption — anything to ease the hurt, to feel connected…”

— Charles Eisenstein, public speaker and self-proclaimed “de-growth activist”

This is so true, it hurts. Our actions are a stark contradiction to our needs. Demand change. Be change.

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Candace

A “FUCK IT” FASHION MENTALITY HAS ARRIVED. THANK YOU 69.

WORLD
69
WIDE

The anonymous “Non-Fashion”, non-gendered, non-demographic brand 69 is a perfect representation of our generation and our time here right now. We are clearly all tired of being boxed into perfect little stereotypical groups and brands like this one echo this sentiment, as they seek to defy it.

Let’s demand a return to the concept of originality.

It starts with supporting the trailblazers…

`Click here to read the article that inspired this post.`

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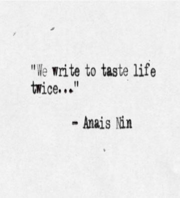
Love,
Io



"We write to taste life twice..."

- Anais Nin

WE NEED TO TALK ABOUT THE WAY WE TALK ABOUT SEXUAL MISCONDUCT.

CENSORED

Last night, less than 5 minutes into a first date, the guy I was having “drinks” with (I don’t even know if I can call it that, because I never even got the chance to order a beer) whipped out his cell phone and showed me a HORRIFICALLY vulgar picture of himself.

I was *shocked* and really upset, and immediately got up and left the bar.

My reaction to the whole thing was twofold: on the one hand, it was kind of funny — *how* does that happen to someone outside of an Amy Schumer movie??? But on the other hand, it was *incredibly* offensive. For the next hour I vacillated somewhere between laughter and tears, trying to make sense of what the *hell* had happened.

The entire thing was awful, but the worst part of it all was what went on afterward. Nearly every person I told’s immediate response was “Well, what did you do to make him think you wanted that?”

NOTHING.

To me, this was even more offensive than the picture itself. I won’t call myself a “victim” here, but I will say that, on a *very* small scale, the reaction I experienced illustrates the systematic problem with blaming the recipient of sexual misconduct for what happened to them.

I’m not mad at anyone who asked me what I did to provoke the photo, but I *am* angry that this is the majority of people’s immediate reaction when they hear a story like my own. We need to reevaluate the way we talk about, and address, these issues. #demandit

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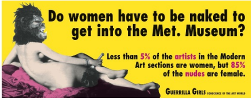
Xx Joi

SOMETHING TO THINK ABOUT


Do women have to be naked to get into the Met. Museum?
Less than 5% of the artists in the Modern Art sections are women, but 85% of the nudes are female.
GUERRILLA GIRLS CONSCIENCE OF THE ART WORLD

#DemandIt

Xx Joi

MEN GET ABUSED TOO.

END VIOLENCE AGAINST ~~WOMEN~~ EVERYONE

If we are going to talk about gender equality, we need to make it clear that women aren’t the only ones subjected to discrimination.

I’ve seen men in relationships psychologically abused into a slither of their former selves, as women tend to exhibit more cunning and calculation when they are the aggressors. And then of course there is the physical abuse that men rarely discuss that they may experience at hands of both sexes.

Read this article written by Carl Rice, a victim, of domestic abuse at the hands of his father. Let’s demand an end to the stigma surrounding abuse for EVERYONE. There is nothing “unmanly” about being a victim.

Photo by Valentina Quintano

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Candice

EDWARD SNOWDEN IS A HERO. VINCE VAUGHN AGREES.

Edward Snowden is an American hero- not a threat to national security. He was a government whistle-blower- and he confirmed a lot of the long held suspicions about our nation's black operations.

Most Americans do not even know his story- do not even know the grave risk that he took to expose the corruption of our government . Kudos to Vince Vaughn for using his celebrity platform to acknowledge Edward Snowden and the injustices of our justice system in a recent interview that he gave to GQ magazine.

"Edward Snowden is a hero… There is a black market and the prisons are overcrowded and it's not preventing drug use. There's a corruption that goes all the way to the top".

What do you know about Edward Snowden? It's time we demand an explanation from our government.

Click here to read the article that inspired this post.

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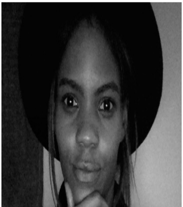
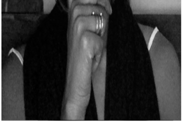
Candice





WOMAN GRABS COFFEE WITH HER RAPIST.

This story is as chilling as it is thought-provoking.

Please read this article written by a woman who decides to, after some time passes, grab coffee with her rapist.

I'm going to spoil the ending for you; she does not ultimately go to the police because,

"[she worries] that [she] won't fit society's perception of a 'true victim'–a sober young woman, attacked by a stranger in an alleyway".

This is so sad, and so true for ALL victims of ALL crimes. Somewhere along the lines, we as a society decided that victims had to look, dress, and act a certain way in order to be "truly" deserving of our sympathies. This is a fucked up, warped concept that needs shredding, NOW.

Victims do not have a prototype.

Click here to read the article that inspired this post.

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Candice

MUST WATCH: BEST PRESCRIPTION AD I'VE EVER SEEN EVER.

Here is a prescription ad for Nature RX

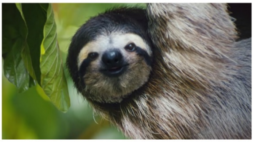
"side effects may include: spontaneous euphoria, taking yourself less seriously, and being in a good mood for no apparent reason. So ask your doctor if NATURE is right for you"

Hilarious & genius… have a watch and ask yourself wtf you're doing with your life.

Click here to watch the video that inspired this post.

Candice

COSTA RICA SHUTTING DOWN ALL OF THEIR ZOOS.



Degree180 called it again.

I posted an article months ago detailing my experience in Manuel Antonio, Costa Rica. While there, I noticed the unique relationships that animals had with human beings: they weren't afraid of them.

I walked down a path and had two deer on either side of me completely unaffected by my presence. I would argue (or plead rather) with a monkey every morning over my banana that I didn't want to share. Sloths would grow tired in the middle of the roads, and local "ticos" (Costa Ricans) would begrudgingly pick them up and carry them across streets. It was breathtaking, and I left with the sudden realization that zoos are terrible terrible institutions. With this recent announcement from our Tico brother and sisters, let's follow the path of Costa Rica, and boycott zoos all over the world until they are a thing of the past.

Let's demand freedom for all living things.

Click here to read the article that inspired this post.

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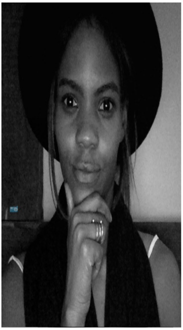
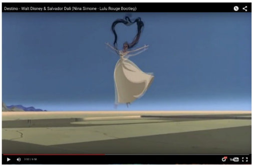
Candace



A DIFFERENT TYPE OF DISNEY MOVIE – BY DALI AND DISNEY


Destino - Walt Disney & Salvador Dali (Nina Simone - Lulu Rouge Bootleg)

Can you imagine how different our perspective would be if we grew up seeing prince charming’s face melt off. How carefree we would be if we grew up idolizing a princess that flawlessly floats through our lives, or if we watched her encounter obstacles and literally pummel through them?

Salvador Dali and Walt Disney have produced a truly timeless short film called Destino, which touches upon topics like our blind dedication to “time” as well as our distorted perspective on life and happiness.

Let’s demand that more movies which shape our life perspectives and goals, be created in this vein.

Click here to see the video that inspired this post.

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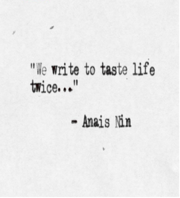
Love,
Io



"We write to taste life twice..."

- Anais Nin

THIS MAKES ME SICK.

“Prep School Rape Defense: Girls Were “Honored” to Be Targets in Sex Game“

This is the *most* horrifying headline I have ever read. When will the media stop vilifying rape victims? To say that a girl was “honored” to be a part of a hazing sex ritual is horrifying, disgusting and shameful.

I demand an end to victim-blaming.

Click here to read the article that inspired this post.

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Xx Joie

WHAT WOULD YOU DO IF MONEY WERE NO OBJECT?

Really, truly, ask yourself this question.

Here is an amazing, uplifting video, put together by Tragedy & Hope to the words of the famed philosopher Alan Watts.

This video has made the rounds before, and Degree180 wants to further it’s perpetuation.

“Forget the money. If money is the most important thing, you’ll be spending your life wasting your time, doing things you completely hate doing, spending money on things you don’t like, in order to go on doing the things you don’t like doing, which is stupid. Better to have a short life doing what it is that you love doing rather than a long life spent in a miserable way.”

Click here to watch the video that inspired this post.

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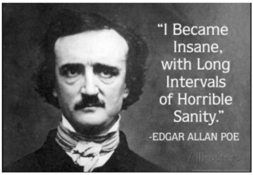
Candace

REMINDER: BE INSANE.


"I Became Insane, with Long Intervals of Horrible Sanity."
-EDGAR ALLAN POE
Allposters

Because there is nothing more dull than conformity.

Candace

TOXIC FASHION: ARE RETAILERS HURTING OUR ENVIRONMENT?

København - 2012 - Toxic clothes protest
helvidt.menneske.dk
ZARA
TOXIC IS SO LAST SEASON
GREENPEACE

Are we going to be able to clean up the fashion industry and start working for a more sustainable future? Please read Newsweek's article on "the environmental crisis in your closet."

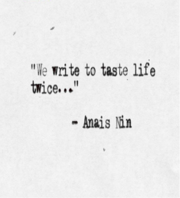
It's mindblowing we aren't demanding more from our retailers. Is price more important than our planet?

Let's Demand more.

Click here to read the article that inspired this post.

Love

Io



"We write to taste life twice..."

- Anais Nin

“ARROGANCE IS A DISEASE” , ACCORDING TO POPE FRANCIS

Finally a revolutionary that draws people in.

Pope Francis recently addressed the church in the hope of urging them to take responsibility and work to change the issues haunting them. It’s nice to read about people dedicating their lives to this sort of change.

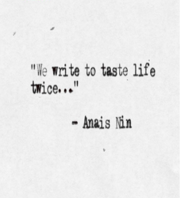
HBR.com article by Gary Hamel is worth a read. Pope Francis is an inspiration. If we want change, we have to #demandit

Click here to read the article that inspired this post.

...[+][-]

Love,

Io



"We write to taste life twice..."

- Anais Nin

DID YOU KNOW: THE UNITED STATES THROWS AWAY ALMOST HALF OF IT’S FOOD

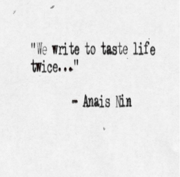
More than 40 percent of all food in the United States is thrown out before it even reaches a table. Last Week Tonight with John Oliver did a great job of covering this topic, showing us just how much food we waste a year and just how harmful it truly is.

Demand Change.

Click here to watch the video that inspired this post.

Love,

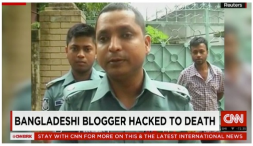
Io



"We write to taste life twice..."

- Anais Nin

ANOTHER BLOGGER KILLED FOR SPEAKING OUT IN BANGLADESH


Reuters
BANGLADESHI BLOGGER HACKED TO DEATH
CNN
@CNNBRK
STAY WITH CNN FOR MORE ON THIS & THE LATEST INTERNATIONAL NEWS

Rest peacefully knowing that you made a difference Niloy Neel (penname)

He is the fourth, in a string of bloggers who have been hacked to death for writing "against" the Islam state.

Most remarkably perhaps-Niloy wrote about the rights for women in his country.

Al Qaeda has claimed responsibility for this senseless killing.

Al Qaeda: you are far outnumbered by love. Hate will never win, and for every spark you try to put out, ten more will ignite the night.

Brace yourselves for the fireworks.

Let's demand freedom of speech for all of our brothers and sisters worldwide.

Click here to read the story that inspired this post.

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Candace

IS AMERICA HAVING AN IDENTITY CRISIS?

We the People

insure domestic Tranquility, provide for the common

our Posterity, do ordain and establish this Con

Article 1

"America's narrative isn't just an economic one"

Have we forgotten?

What we have transformed America into goes against the morals upon which this country was founded.

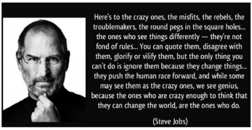
Still sitting miserably at that 9-5?

Demand Change.

Click here to read the article that inspired this post.

Candice

BE CRAZY, DRIVE THE HUMAN RACE FORWARD



Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently — they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do.

(Steve Jobs)

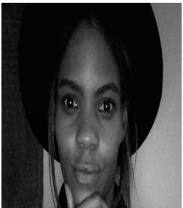
Here's to all of us: The round pegs in the square holes.

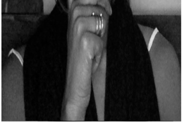
The ones who are Crazy enough to think we can change the World.

We will.

Keep seeing things differently.

Candice





WE ARE ALL CAPABLE OF DREAMING/PREDICTING THE FUTURE.

Fascinating read and one that I hold close to my heart. Somewhere from childhood to adulthood, we forget how to dream. Western civilization has taught us that our dreams are either meaningless or "weird". I have spent the last two months doing everything in my power to "bring back" my dreams and it's finally working.

I can now completely recall my multiple dreams every night. I have also accurately predicted my immediate future so many times–I'm beginning to believe I may be Harry Potter.

I demand all of you to be "weird".

Dream vividly.
Dream brightly.
Dream in color.
Dream in black and white.

Dream without any boundaries.

Click here to read the article that inspired this post.

Read the article that inspired this post by clicking on the image.

...[+][-]

Candice

HERE ARE SOME PICTURES OF WHAT WE ARE DOING TO OUR PLANET.

It never ceases to amaze me

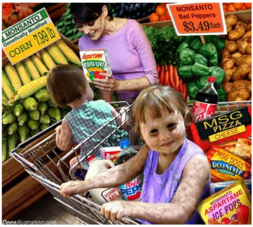
that everyone is walking around casually, as if we are not quite literally blowing up our own planet. Here is a friendly reminder that the clock is running out.

Demand change.

Click here to read the article that inspired this post.

Candace

GENETICALLY ENGINEERED FOOD, MUST GO.

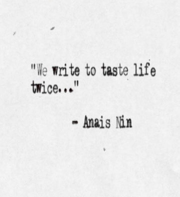


We need to start demanding more from our food industry. Our bodies cannot be treated like a science experiment.

Let's demand the outlaw of Monsanto.

Click here to read the article that inspired this post.

Love
Io



"We write to taste life twice..."

- Anais Nin

IF YOU HATE YOUR JOB, QUIT IT–AND THEN YOU'LL MAKE MORE MONEY.

Take it from someone who just took the plunge. Success only comes to happy people. Happy people tend to do what they love.

Demand happiness.

Click here to read the article that inspired this post.

Candace